***BREAKOUT OPTIONS***

PLEASE DRAW OUR BREAKOUTS---------🡪

***D TO D* D1moves the puck to his partner**

**on the weakside of the ice. D2 then**

**makes first pass to Fwds in their**

**support positions.**

***WHEEL***

**D1 carries and uses net to take**

**the middle lane. D2 hinges back as**

**an option. Fwds support low in their**

**lanes as options.**

***QUICK UP***

**D1 gets to puck quickly and turns to**

**face up ice. D1 identifies option in the**

**middle or strong side wall. Weak side**

**forward comes across for support.**

***REVERSE***

**D1 acts as if he is wheeling. He sucks**

**forechecker to him as he drops the puck**

**behind. D2 hinges behind and picks up**

**puck to turn up ice. D2 now headman’s.**

* **All breakouts depend on where pressure is coming from. Players must read the pressure and recognize the proper breakout option. Communication and awareness is important. These options can be used all over the ice.**

***LOW SEAM***

**D1 quickly recognizes a low seam and moves**

**the puck to F3. Done when opposition sends**

**three on the forecheck. This is a quick up**

**option. Must be 100% sure the seam is open.**

***CONTROLLED(breaking out vs 1-2-2 passive)***

**D1 stops behind the net. F1 supports in one**

**corner as D2 moves to the other corner. D1**

**steps out on forehand and sucks forechecker**

**to him. D1 then drops puck to F1/D2 who have**

**timed the play. F1/D2 take middle lane and move**

**up ice with other players that have supported**

**low in their lanes.**

***WEAK SIDE RIM STRETCH***

**D1 picks up puck on strong side and rims puck Another quick up option where D1**

**around boards to F3 who anticipates and moves gets to puck early and recognizes a seam**

**low to half wall. Supporting Fwds come across low D1 moves puck up ice to player moving**

**in the zone to receive head man pass. with speed.**